

Remember:

Even the most effective birth control does not work 100% of the time, so it is important to discuss the type of birth control you are using with your health care provider.

Your team can:

- Recommend ways that will help get your blood sugar in good control by making changes to your meal planning and medications
- Help you understand how high blood sugar affects pregnancy
- Provide family planning services
- Help you make the best choices about diet
- Make sure you are taking the right vitamins, such as folic acid that can prevent birth defects.
- Help you avoid diabetic complications (kidney, eye and heart) during your pregnancy
- Advise you about healthy physical activity and exercise.
- Recommend vaccinations you need before becoming pregnant

A healthy start in life is the best gift you can give your baby. By working with your diabetes team, you can take charge, protect and improve your health and your baby's health.



With careful planning, a woman with diabetes has the same chance of having a healthy baby as a woman who does not have diabetes.

For more information, please contact

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A Labor of Love

Women, Diabetes &
Pregnancy



Women with diabetes are at risk for having pregnancy complications. It is important for a woman with diabetes to be sure her blood sugar is under control before she becomes pregnant.

High blood sugar levels during pregnancy can lead to:

- Miscarriage or spontaneous abortion
- Stillbirths
- Birth defects
- Large, overweight babies
- Pregnancy-related high blood pressure
- Caesarian section delivery

If you have diabetes and are planning a pregnancy, there are things that you can do now to increase your chances of having a healthy baby.

Pre-Conception, or Pre-pregnancy, Planning, means planning a healthy pregnancy before you become pregnant. Pre-conception planning is especially important for women who have diabetes.

Pre-conception planning for women with diabetes usually involves a team of health care providers. A team will probably include at least some of the following health care professionals:

- Primary care provider (physician, nurse practitioner, nurse midwife or physician assistant)
- Obstetrician
- Endocrinologist
- Dietitian
- Nurse or Educator

If you have diabetes, what should you do before and during pregnancy?

- Work with your team to maintain good blood sugar control. You may want to schedule a visit with your dietitian prior to conception.
- Eat foods high in folic acid (like green leafy vegetables) and include vitamin supplement with folic acid.
- Check with your provider about the seafood you may need to avoid, such as shark, swordfish, king mackerel, or tilefish.

- Limit caffeinated beverages to no more than two a day.
- Avoid harmful substances such as cigarette smoke (even second-hand smoke), illegal or recreational drugs, radiation (as much as possible)

A baby's vital organs, nervous system and skeleton are formed by the eighth week of pregnancy. This is the time when high blood sugar can do the most damage.

Many women don't know they are pregnant until this critical time is past.

Most doctors recommend postponing pregnancy until Hemoglobin A1C (three-month blood sugar measure) is under 6.9% for at least 6 months.

Talk to your doctor about your plans to have a child. Use a reliable method of birth control until your blood sugar is in good control and you are ready to become pregnant.